

# Hawthorne Press Tribune

The Weekly Newspaper of Hawthorne

Herald Publications - Inglewood, Hawthorne, Lawndale, El Segundo, Torrance & Manhattan Beach Community Newspapers Since 1911 - Circulation 30,000 - Readership 60,000 (310) 322-1830 - March 20, 2014

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## Hawthorne Imperial Lions Club Honors 2014 Community Volunteer Of The Year



Hawthorne city officials joined with the Hawthorne Imperial Lions Club, community leaders and family members to honor Chip Errera as the 2014 Lions Community Volunteer of the Year. Errera was recognized for his many years of service to the community as a corporate philanthropist and as an active member of the Hawthorne Kiwanis Club. Pictured from left during the awards ceremony are: City Clerk Norb Huber; City Treasurer L. David Patterson; Hawthorne Lions President Alex Monteiro; Chip Errera; Mayor Chris Brown; Lions District Governor Larry Donahue; and, Mayor Pro Tem Olivia Valentine. Photo and caption by Tom Quintana.

## Jefferson Elementary Showing Gains

By Dylan Little

Jefferson Elementary School Principal Wendy Ostensen addressed the Hawthorne School Board during the March 12 meeting to share the campus' progress in addressing last year's problems as well as what she is focusing on improving this year. Jefferson is doing better than ever, as this year saw the school reach its Academic Performance Index (API) goal of 800 or more with a score of 801. The school has been in the 790s for years and Ostensen made it a school-wide goal to reach 800. While overjoyed with the score, the success also meant Ostensen would have to honor an agreement she made to be "slimed" (think Nickelodeon's *Double Dare*) if the school met its goal. Despite the impending slime, Ostensen said she was excited to hear the school's score. "Over the years the school has been making extremely positive, yet steady growth," said Ostensen. "In 2013, we reached our goal of 800 points. I was just so excited--it was a very happy moment."

One factor in the API score increase was focusing on improvements to Jefferson's third and fifth grade classrooms. This year saw scores in the two grades surge in their California Standards Test (CST) scores, with each group showing at least a five percentage point gain in students that were proficient or advanced in both the subjects of English Language Arts and Math.

"Last year when I was up here, I mentioned some of the challenges we had ahead of us and our school was focusing on our third grade and our fifth grade student achievement because we had experienced some negativity and impacts there the year before," said Ostensen. "I'm happy to report that in these subject areas, as well as fourth grade Mathematics, we have made significant progress."

However, not every area saw improvements.

Second grade, which was once the best performing in the Hawthorne School District, saw a year of declines while the third and fifth graders were improving. Second grade English Language Arts scores dropped from 75 percent proficient or advanced to 65 percent, while second grade Math scores dropped from 74 percent proficient or advanced to 58 percent.

"Every year, we have different challenges in different areas," said Ostensen. "The year before, our second grade had the highest California Standards results in the district. In looking at [these results], we were very concerned. We have the same instructional staff, but a different group of kids."

The latest benchmarks for these students show that they are recovering from an anemic year thanks to targeted support from math and literacy coaches, after-school classes, additional professional development and new teaching strategies shared with their teachers. "Clearly it is working in our second grade," said Ostensen. "If you compare the newest benchmark results in 2012-2013 to 2013-2014, you can see we are making progress. There's an upward trend."

Another section of students Ostensen spent the year focusing on is Jefferson's English learners. She thought that by increasing the resources available to their teachers (including collaborative time with the school's literacy coach), their performance would improve. She explained how Jefferson approaches the problem from a number of angles. "Our teachers collaborate with our special project teacher, who is extremely knowledgeable about our English learners' designation and their placement for their program," said Ostensen. "We provide our teachers with impactful visuals . . . and give them English learner support materials. We provide after-school classes to our targeted students."

For the most part these measures have been successful, with all grades except third increasing the number of proficient or advanced students by 10 percentage points or more. Ostensen already has a plan in place to help her third grade students see similar gains. "We are making significant progress," she said. "We do have a little bit of a lag in third grade, so we are providing two months of after-school classes for those kids."

Overall, the Board was extremely pleased with Ostensen's presentation and Jefferson's progress. Board member Luciano Aguilar said he has heard many stellar reports from parents at the school. "I want to congratulate you for everything you do out there," said Aguilar. "All the parents that I run into have nothing but good things to say."

Lastly, the Board congratulated Tyler Dixon, a fifth grader at Zela Davis Elementary School, on finishing first in Hawthorne's eighth district-wide spelling bee. The competition was open to the winners of each school site's spelling bee--in total, 20 students between the grades of four and six sought to be crowned spelling bee champion. The competition was held at Ramona Elementary and after eight rounds, Dixon was the last speller standing. Assistant Superintendent of Education Service Brian Markarian said that while consisting of "many heated rounds," this year didn't see the top two face off for round after round. "We normally have two contestants that go back and forth, but in this round we had four contestants and three of them happened to misspell words," said Markarian.

Dixon will go on to represent Hawthorne in the Los Angeles County Spelling Bee in Alhambra on March 26. Markarian wished Dixon good luck in showing Los Angeles County what the students in Hawthorne can do. "We want to wish him the absolute best in that competition," said Markarian. •

## Weekend Forecast

**Friday**  
Mostly  
Sunny  
65°/55°



**Saturday**  
Mostly  
Sunny  
64°/54°



**Sunday**  
Partly  
Cloudy  
64°/55°



**Fictitious Business Name Statement 2014031918**

The following person(s) is (are) doing business as TORRIMED ORAL SURGERY AND DENTAL IMPLANTS. 3661 TORRANCE BLVD SUITE 100, TORRANCE, CA 90503. Registered Owner(s): Smith & Tchou, DDS, Inc., 3661 Torrance Blvd Suite 100, Torrance, CA 90503. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Smith & Tchou, DDS, Inc., Vice President, Eric Michael Smith. This statement was filed with the County Recorder of Los Angeles County on February 5, 2014.

NOTICE: This Fictitious Name Statement expires on February 5, 2019. A new Fictitious Business Name Statement must be filed prior to February 5, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: February 27, 2014 and March 06, 13, 20, 2014. HT-1055.

**Fictitious Business Name Statement 2014043735**

The following person(s) is (are) doing business as 1. ICELLMART.COM 2. GREENCELLUSA.COM. 16882 S. MAIN STREET, GARDENA, CA 90248. Registered Owner(s): Wireless Trading Inc, 16882 S. Main Street, Gardena, CA 90248. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Matthew Park, President, Wireless Trading Inc. This statement was filed with the County Recorder of Los Angeles County on February 19, 2014.

NOTICE: This Fictitious Name Statement expires on February 19, 2019. A new Fictitious Business Name Statement must be filed prior to February 19, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: February 27, 2014 and March 06, 13, 20, 2014. HT-1056.

**Fictitious Business Name Statement 2014040010**

The following person(s) is (are) doing business as J&C MAINTENANCE SERVICES. 11822 EUCALYPTUS AVE #A, HAWTHORNE, CA 90250. 204 E. 87<sup>TH</sup> PL, LOS ANGELES, CA 90003. Registered Owner(s): 1. Cesar Quintero, 11822 Eucalyptus Ave #A, Hawthorne, CA 90250 2. Yuridia D. Quintero, 11822 Eucalyptus Ave #A, Hawthorne, CA 90250. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name listed: February 13, 2014. Signed: Cesar Quintero, Owner. This statement was filed with the County Recorder of Los Angeles County on February 13, 2014.

NOTICE: This Fictitious Name Statement expires on February 13, 2019. A new Fictitious Business Name Statement must be filed prior to February 13, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: February 27, 2014 and March 06, 13, 20, 2014. HH-1057.

**Fictitious Business Name Statement 2014050379**

The following person(s) is (are) doing business as CORN FRAME & WHEEL ALIGNMENT. 9811 INGLEWOOD AVE, INGLEWOOD, CA 90301. Registered Owner(s): Anoush Saei, 9811 Inglewood Ave, Inglewood, CA 90301. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: . Signed: Anoush Saei, Owner. This statement was filed with the County Recorder of Los Angeles County on February 25, 2014.

NOTICE: This Fictitious Name Statement expires on February 25, 2019. A new Fictitious Business Name Statement must be filed prior to February 25, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 06, 13, 20, 27, 2014. HI-1058.

**Fictitious Business Name Statement 2014052016**

The following person(s) is (are) doing business as ART SURROUNDINGS. 2521 GATES AVE UNIT A, REDONDO BEACH, CA 90278. Registered Owner(s): 1. Rakesh S. Pandya, 2521 Gates Ave Unit A, Redondo Beach, CA 90278. 2. Jignasha Rakesh Pandya, 2521 Gates Ave Unit A, Redondo Beach, CA 90278. This business is being conducted by a Married Couple. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Rakesh S. Pandya, Owner. This statement was filed with the County Recorder of Los Angeles County on February 26, 2014.

NOTICE: This Fictitious Name Statement expires on February 26, 2019. A new Fictitious Business Name Statement must be filed prior to February 26, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: March 06, 13, 20, 27, 2014. HT-1059.

**Fictitious Business Name Statement 2014054510**

The following person(s) is (are) doing business as HUB CITY LADIES MCSC. 1021 W. COMPTON BLVD, COMPTON, CA 90220. PO BOX 732, PATTON, CA 92369. Registered Owner(s): Hireana Kelly, 1021 W. Compton Blvd, Compton, CA 90220. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Hireana Kelly, Owner. This statement was filed with the County Recorder of Los Angeles County on February 28, 2014.

NOTICE: This Fictitious Name Statement expires on February 28, 2019. A new Fictitious Business Name Statement must be filed prior to February 28, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: March 06, 13, 20, 27, 2014. HT-1060.

**Fictitious Business Name Statement 2014049152**

The following person(s) is (are) doing business as JASMINES BARBER BEAUTY SALON. 11502 HAWTHORNE BLVD UNIT A, HAWTHORNE, CA 90250. Registered Owner(s): Patricia Manriquez, 11502 Hawthorne Blvd Unit A, Hawthorne, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: . Signed: Patricia Manriquez, Owner. This statement was filed with the County Recorder of Los Angeles County on February 24, 2014.

NOTICE: This Fictitious Name Statement expires on February 24, 2019. A new Fictitious Business Name Statement must be filed prior to February 24, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 06, 13, 20, 27, 2014. HH-1061.

**Fictitious Business Name Statement 2014038746**

The following person(s) is (are) doing business as 1. LIVE OUT A DREAM 2. L.O.A.D. 3. LOAD. 13956 LEMOLI AVE, HAWTHORNE, CA 90250. Registered Owner(s): Jamaal Johnson, 13956 Lemoli Ave, Hawthorne, CA 90250. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Jamaal Johnson, Owner. This statement was filed with the County Recorder of Los Angeles County on February 12, 2014.

NOTICE: This Fictitious Name Statement expires on February 12, 2019. A new Fictitious Business Name Statement must be filed prior to February 12, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Hawthorne Press Tribune: March 06, 13, 20, 27, 2014. HH-1062.

**Fictitious Business Name Statement 2014056251**

The following person(s) is (are) doing business as 1. SANDY ROSS HR CONSULTING 2. BEACH CITIES HR. 721 MAIN ST SUITE 3, EL SEGUNDO, CA 90245. Registered Owner(s): Sandy Ross, 721 Main St. Suite 3, El Segundo, CA 90245. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Sandy Ross. This statement was filed with the County Recorder of Los Angeles County on March 03, 2014.

NOTICE: This Fictitious Name Statement expires on March 03, 2019. A new Fictitious Business Name Statement must be filed prior to March 03, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). El Segundo Herald: March 06, 13, 20, 27, 2014. H-1063.

**Fictitious Business Name Statement 2014064845**

The following person(s) is (are) doing business as FRIESIAN AUTO SALES. 1326 W ANAHEIM ST, WILMINGTON, CA 90744. Registered Owner(s): Jessie Alexander Renteria, 1208 W 65<sup>th</sup> St, Los Angeles, CA 90044. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: March 01, 2014. Signed: Jessie Alexander Renteria, Owner. This statement was filed with the County Recorder of Los Angeles County on March 12, 2014.

NOTICE: This Fictitious Name Statement expires on March 12, 2019. A new Fictitious Business Name Statement must be filed prior to March 12, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Torrance Tribune: March 20, 27, 2014 and April 3, 10, 2014. HT-1064.

**Fictitious Business Name Statement 2014060910**

The following person(s) is (are) doing business as CARINA SORIA JEWELRY DESIGNS. 821 GLENWAY DRIVE #2, INGLEWOOD, CA 90302. Registered Owner(s): Carina Soria, 821 Glenway Drive #2, Inglewood, CA 90302. This business is being conducted by an Individual. The registrant commenced to transact business under the fictitious business name listed: March 6, 2014. Signed: Carina Soria, Owner. This statement was filed with the County Recorder of Los Angeles County on March 06, 2014.

NOTICE: This Fictitious Name Statement expires on March 06, 2019. A new Fictitious Business Name Statement must be filed prior to March 06, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 20, 27, 2014 and April 03, 10, 2014. HI-1065.

**Fictitious Business Name Statement 2014057850**

The following person(s) is (are) doing business as CLOUD AUTO RENTAL. 5959 W. CENTURY BLVD., SUITE 118, LOS ANGELES, CA 90045. Registered Owner(s): Cloud Auto Rental, Inc., 5959 W. Century Blvd., Suite 118, Los Angeles, CA 90045. This business is being conducted by a Corporation. The registrant commenced to transact business under the fictitious business name listed: N/A. Signed: Yvonne Kazerouni, CEO. This statement was filed with the County Recorder of Los Angeles County on March 04, 2014.

NOTICE: This Fictitious Name Statement expires on March 04, 2019. A new Fictitious Business Name Statement must be filed prior to March 04, 2019. The filing of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under Federal, State, or Common Law (See Section 14400 ET SEQ., Business and Professions Code). Inglewood News: March 20, 27, 2014 and April 03, 10, 2014. HI-1066.

YOU CAN FAX YOUR FILED FORM TO 310-322-2787 THE PUBLISHING COST IS \$75 FOR MORE DETAILED INFORMATION CALL MARTHA PRIETO AT 310-322-1830 EXT. 23

# Wisburn Considering Lowering Childcare Rates

## By Dylan Little

The Wisburn School Board discussed lowering rates at the Child Development Center to stay true to a promise to make pre-kindergarten and before- and after-school child care more affordable for the community. While the March 13 meeting didn't see the Board approve lower rates, the members said they would take action at their next meeting.

Wisburn School District Budget and Accounting Director David Wilson said that when the program was started, the rates weren't adjusted from what they were under the previous operator of the facility in order to make sure the Child Development Center could run without impacting the general fund. While he said there are still unknowns, Wilson felt that with several months of data he can now better understand the center's finances. "We wanted to have a good six to eight months to see where the revenue would be," said Wilson. "At this point, I think we have a good handle on that. There is still a degree of uncertainty. We are still in the first

year of the program."

Currently, the Child Development Center is running at about a \$300,000 surplus. The Board discussed a number of options to cut the rates at the center. The first was a five percent reduction in tuition, which would leave the center with a projected \$100,000 surplus. The second was an eight percent reduction, leaving the center with a \$73,000 surplus. The third was a 10 percent reduction, resulting in a \$53,000 surplus. Wilson also discussed cutting rates coupled with increasing salaries by five percent, which might be in store next year for Wisburn. A five percent reduction in tuition coupled with a five percent increase in salaries for staff at the center yields about a \$50,000 surplus. An eight percent reduction in tuition and a salary increase yields a \$20,000 surplus and a 10 percent tuition reduction and a salary increase puts the program into deficit spending. Wilson said he and Superintendent Tom Johnstone would like to see the center maintain a reserve while still honoring the promise to reduce costs for families.

"There are a lot of unknowns. I feel comfortable with a little bit of a buffer in case of an unexpected decrease in revenues," said Wilson. "You don't want to run a for-profit organization, but you definitely want to have some money in the bank for a rainy day and you don't want to cut too much too soon, in case expenditures go up and you have to come back [to raise rates]."

Johnstone said he and Director of Curriculum Chris Jones have felt pressure from the community to adjust the rate. Both District executives have received a number of calls about the rates at the center. Johnstone thinks that the Board needs to act quickly to lower the rates at the center or possibly face parents pulling their students out of the program. "To digest this for a couple more months would be received extremely negatively," said Johnstone.

The Board was cautious about cutting rates and decided to delay action until its meeting, which will happen just in time to reduce rates for the next month if it decides to do so. Board member Nelson Martinez reaffirmed his commitment to keep the program affordable while making sure it doesn't impact the general fund, and he thanked Johnstone for helping the District achieve those goals. "When we approved this, we all agreed we wanted to improve the services for our students . . . and reduce the cost for families," said Martinez. "We don't want this to cost us anything and you [Johnstone] have done a wonderful job at making sure that's the case."

Lastly, Board member Susan Andriacchi resigned from her position. She was not in attendance at the meeting to comment

on stepping down. Board President Roger Banuelos spoke for his colleagues in thanking Andriacchi for the leadership and insight she provided while on the Board. "I want to thank Susan Andriacchi for her time served on the Board," said Banuelos. "She served three and a half years. We are very grateful to have had her leadership on the Board as well as her perspective. . . . She has contributed to the District in many, many ways. We are sorry to see her go, but she continues and remains a valued member of the community."

The Board has already interviewed nine prospective candidates interested in filling the vacancy. Johnstone said the new member will be selected in time to be seated during the next Board meeting. Board member Israel Mora said all the candidates are excited to help the community and he is confronted with a number of great choices. "I was very impressed with the quality of the people in the community," said Mora. "It's really great to see the willingness to help continue. We have a lot of great choices. I'm really excited about it."

Similarly, Banuelos said the pool of potential replacement Board members is full of pride in the community as well as a desire to do what's best for Wisburn's children. "We have nine fantastic candidates. It's great to see such interest from the community and people wanting to participate," said Banuelos. "That's one of the common themes that came out--people wanting to give back to our community. They were very appreciative of all the hard work that's happening in the school district. They are very proud to live in the community and give back to Wisburn." •



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"Love is so short, forgetting is so long."

~ Pablo Neruda

# Hawthorne Happenings Calendar

## News for the 'City of Good Neighbors'

### MARCH MADNESS BEGINS

The NCAA Men's and Women's basketball championships have begun. The ritual of filling out a bracket by selecting the winning teams of over 80 games to be played by each gender has become a standing practice in offices and workplaces across the USA. Sometimes the less you know about the teams the better you do in your office pool. I have known women who select by the mascot or team colors of a university. If nothing else, each school in the championship is given wide spread publicity. The success of an athletic team has been known to bolster the alumni giving and bring in some major donations for the academic programs along with the athletic squads. Selecting the upset winners is the tricky part of doing this. A billion dollar jackpot has been offered to the person who can fill out a perfect bracket. The odds are astoundingly against anyone winning the jackpot. That's what makes the whole thing a "madness".

### LAST CALL FOR GOLFERS

The Silver Anniversary of the Hawthorne Parks and Recreation Foundation Golf Tournament will be held this Monday, March 24 at Coyote Hills Golf Course in Fullerton. If you wish to play and support a good cause, then contact Dick Huhn at 310-643-9157.

### STATE OF THE CITY

Mayor Brown will deliver his first State of the City Address on Friday, March 29 at noon at the Memorial Center. Tickets are \$50. There is free seating for the public who want to attend to listen to the speech.

Chris Montez Concert this July

Mark your calendars for Saturday, July 19 for our 4th Annual Good Neighbors Day. We just received confirmation that one of our very own, Hawthorne grown, Chris Montez will perform in concert as a benefit to Hawthorne and the Historical Society. I received several calls last week



asking whether the real Chris Montez would be performing. There seems to be a lot of older folks who remember Chris from his 1960's Hawthorne days.

### HAWTHORNE YESTERDAY AND TODAY

If you would like to receive the first edition of the Hawthorne Historical quarterly magazine entitled "Hawthorne Yesterday and Today", then email your email address to me and we will send you a copy via email or if you wish to receive a hard copy then contact me and we will send you out a copy via the US mail. The eight page news magazine has articles on the founding of Hawthorne and Marilyn Monroe's childhood time in Hawthorne. We are looking for companies who wish to advertise in the magazine for future editions. We have such a rich history, its fun to share stories of times gone by and the amazing stories of famous Hawthorne people.

### PANCAKES ANYONE?

I'm the chairperson for our 9th Annual "God Bless America" Pancake Breakfast to be held this year on Saturday, March 29th at Ascension Lutheran Church located at 17910 S. Prairie Avenue in north Torrance. We served close to 500 people last year. The pancakes, bacon, sausage, orange juice, and coffee are all good, along with the live music and raffle prizes. The breakfast is still only \$5.

### TOO TOXIC

There will be a Toxic Roundup on Saturday, April 4 starting at 9 a.m. at the Betty Ainsworth Center parking lot on El Segundo Blvd. just East of the Memorial Center.

### UPCOMING EVENTS:

- Mon. March 24: Hawthorne Parks and Rec. Golf Tournament – Coyote Hills GC
- Tues. March 25: City Council Meeting – 6 p.m. City Hall
- Friday March 29: State of the City Luncheon – 12 noon Memorial Center

### CONTACT INFO

norbhuber@gmail.com or 310-292-6714. •

## Classifieds

The deadline for Classified Ad submission and payment is Noon on Tuesday to appear in Thursday's paper. Advertisements must be submitted in writing by mail, fax or email. You may pay by cash, check, or credit card (Visa or M/C over the phone).

Errors: Please check your advertisements immediately. Any corrections and/or changes in an ad must be requested prior to the following Tuesday deadline in order to receive a credit. A credit will be issued for only the first time the error appears. Multiple runs will only be credited for the first time the error appears. No credit will be issued for an amount greater than the cost of the advertisement.

Beware: Employment offers that suggest guaranteed out-of-state or overseas positions may be deceptive or unethical in nature. If you have any doubts about the nature of a company, contact the local office of the Better Business Bureau, (213) 251-9696. Herald Publications does not guarantee that the advertiser's claims are true nor does it take responsibility for those claims.

### APARTMENT FOR RENT

**2bd/2ba** large bdrms, newly remodeled kitchen and bathrooms, granite counters, tile floors, new carpet, new appliances. 2 car gar, balcony, fireplace. Water incl. Quiet bldg. No pets. \$1900/mo. 310-576-1090 x124.

### APARTMENT FOR RENT

**1BD/1BA.** Large Apt. In ES quiet gated building. W/swimming pool, laundry facility, pond w/ water fall \$1,275/mo. No pets. Call Mike at (310) 322-7166.

### EMPLOYMENT

**Writers wanted** for local community newspapers. Areas to be covered are El Segundo (El Segundo Herald) and Torrance (Torrance Tribune). You must have some writing experience. Please send resume to management@heraldpublications.com. No phone calls please.

### EMPLOYMENT

**Display Ad Sales Position.** We need an experienced Display Ad Salesperson for Herald Publications. Territories include Torrance, El Segundo and Hawthorne. Full or part-time positions are available. 20% commission on all sales. If interested please email your resume to management@heraldpublications.com. No phone calls please.

### FOR SALE

**Futon Mattress,** full size, beige pattern, call 330 396 0843.

### GARAGE FOR LEASE

**\$2,595, 2700 sq. ft.** Garage 6 car parking and room for RV, 310-322-0000

### GARAGE SALE

**848 Pepper St.** Sat March 22 8am-12pm. Multi-Family. TV's, clothing, etc.

### REAL ESTATE

**DISTRESS Sale-Bank Foreclosures.** Free List of Foreclosure Properties. Receive a FREE computerized

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### ROOM FOR RENT

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**Beautiful townhouse** in El Segundo, close to 1200 square feet. Unfurnished two bedrooms 1 bath with office. Warm two toned interior colors. A large open entertainment area with patterned tile floors/counters. Contemporary lighting ceiling fans. new window blinds dishwasher, stove, large closets, paid water, gas and trash. covered parking. gated building. close to beach. shops. freeway and airport. Call Mike at (310)322-7166.

### TUTORING SERVICES

**Retired teacher,** familiar with CCSS, is available for math tutoring. Visit Caseys.org for details or call Terry @ (310) 322-2223. \$25/Hr

### SATURDAY, MARCH 22

• Free Donation Drive Through Drop Off, 9 a.m.-2 p.m., Grevillea Ave. off Manchester Blvd (in front of Inglewood High School. For more information call (310) 412-5333.

### SATURDAY, APRIL 19

• Inglewood Rising Earth Day Festival 2014, 10 a.m.-3 p.m., Inglewood City Hall, South Lawn, 1 W. Manchester Blvd. For more information call (323) 952-3466 visit cityofinglewood.org or sjli.org.

### ONGOING

• Operation Clean Sweep, March 1-29, for single and multi-family residents. For more information call (800) 299-4898. www.cityofinglewood.org.

### LAWDALE

### FRI, MARCH 21

• Garden Work Days for Adults, 1-2 p.m., Lawndale Library, 14615 Burin Ave. For more information call (310) 676-0177.

### THURSDAY, MARCH 27

• Cesar Chavez Spanish Storytime & Art Activity, 4-5 p.m., Lawndale Library, 14615 Burin Ave. For more information call (310) 676-0177.

### MONDAY, APRIL 7

• City Council Meeting, 6:30 p.m. City Hall, 14717 Burin Ave.

### ONGOING

• Lawndale Farmers Market, every Wednesday, 2-7 p.m., 147th St. in front of Lawndale Library. For information call (310) 679-3306.

• Commodities Free Food Program every Wednesday at 10 a.m., Community Center, 14700 Burin Ave. For information call (310) 973-3270. •

## Special Case

Everyone needs someone to love and we know that Riley's someone is out there. You just haven't met him yet!

Our sweet little Chihuahua **Riley** has been waiting quite sometime for his forever family to come and adopt him. He was owner-surrendered because he was being bullied in his home by the other dog there. Riley is a terrific little guy with personality-plus. He is a little burrower who loves his little doggie beds and to burrow under towels, blankets or whatever is laying around for him to curl up in for warmth. You can check out the antics of this lively and animated little pup in his video on our website. He is completely housebroken and is fine with all other dogs. Riley is as sweet as pie and a love of a little guy. He is approximately seven to eight years old, very small at five pounds and has no problems eating whatsoever even though he only has a few teeth. Riley is just darling, to say the least, and he would like nothing more than to be your constant companion, purse or lap dog. Riley is neutered, current on vaccinations, de-wormed, microchipped, good with other dogs, and would be best with children 10 and over for his safety due to his small size.

To learn more about Riley, visit our website at [www.animalsrule.org](http://www.animalsrule.org) or come meet him at our Saturday adoption event and be prepared to fall in love.

Many thanks to Herald Publications, Vickie Schumacher, Diane & Annette, Andria

Ruetmann honoring her mother Vivian Larkin, and Helen Evers honoring the memory of Magic Dantzer for their support and sponsorship of Riley.

Saving one animal won't change the world, but you can certainly change the world for Riley. •



Riley

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# PETSPETS **Pets** PETSPETS PETSPETS

## Pets Without Partners

Adopt a “pet without a partner” and give a homeless pet a second chance in life.

**Jersey** is a personality-plus pup! She is your normal, happy, playful little puppy who is enjoying life. Jersey is playful with other



Jersey

small dogs and the other puppies we have at the rescue. She is hilarious as she takes on the bigger dogs at the rescue for play. She has no issues and would love nothing more to find her forever home. Jersey will be spayed when of age, is current on vaccinations, de-wormed, microchipped, fine with other dogs, cat-safe, and due to her small size would be best with children over the age of seven.

**Ben** is a beautiful Scottish Terrier/Maltese mix. He was born on August 3, 2013 and weighs nine pounds. This sweet and silly pup is wonderful with all other dogs, has great play manners and will make a great addition into any home situation. Ben will require a grooming schedule, so remember this when budgeting for a dog. Ben is neutered, current on vaccinations, microchipped and fine with other dogs.



Ben

Although tiny in size at 3.9 pounds, **Rico** is full of personality, to say the least. He is confident, fun-loving and incredibly sweet. Everyone loves him! This little

gem is fine with all other dogs, as he just goes with the flow and minds his own business. He is completely housebroken and crate-trained. Rico loves to be on your lap or in your arms and enjoys walks in the neighborhood. This little guy will steal your heart at hello... guaranteed! Rico is neutered, current on vaccinations, de-wormed, microchipped, has had a dental, is fine with other dogs, cat-safe, and best with children 12 and older, please, due to size.

To learn more about these and other wonderful dogs, visit our website at [www.animalsrule.org](http://www.animalsrule.org).



Rico

If a dog is on our website, it's available. Or come to our Saturday adoption events from 11 a.m. to 3 p.m. at 305 North Harbor Boulevard in San Pedro (just off the 110 near the cruise port). We are always in need of donations for veterinarian bills and our senior dogs. Donations can be made through our website or by sending a check payable to: Animals Rule Placement Foundation at 305 North Harbor Blvd., San Pedro, CA 90731. All donations are tax-deductible. We are a registered 501(c)(3) non-profit organization.

Saving one animal won't change the world, but the world will surely change for that animal. •

## Purrrfect Companions

With cuddly kitties and lovable bunnies (and even a puppy or two), come and find your purr-fect partner.

**Evangeline** was rescued off the streets of Istanbul, Turkey along with her sister Tatiana. This gorgeous little girl is extremely soft and fluffy with very striking markings. Full of energy and sweetness, Evangeline is a confident, loving girl who can't get enough petting and cuddles and comes running if you call to her. She loves to lick your fingers and will spend hours grooming her foster friend Aeryn. Because she is so young and energetic,



Evangeline

Evangeline needs to be adopted with a friend or into a home with a resident cat.

**Tatiana** is a chatty little girl with lots to tell you about and a vibrant personality to match. Tatiana is definitely the queen of the house and prefers the other kittens to follow her lead. She needs an easygoing playmate who can go toe-to-toe with her, but also won't push if Tatiana isn't in the mood to play. She has a lot of energy and craves your pets, which is great because her silver-blue coat is so soft and silken that you won't want to stop! Tatiana will even burrow under the covers for a session of snuggling to receive extra cuddles from you.

**Daisy** and her sister **Lily** are a pair of sister

information and to see our other kitties, please check our website at [www.kittenrescue.org](http://www.kittenrescue.org), or email us at [mail@kittenrescue.org](mailto:mail@kittenrescue.org). Your tax-deductible donations for the rescue and



Daisy and her sister Lily



Tatiana

bunnies who are super soft and love to be petted. They need some loving care to re-

care of our cats and kittens can be made through our website or by sending a check payable to Kitten Rescue, 914 Westwood Boulevard, #583, Los Angeles, CA 90024.

On Saturdays, we have adoptions from noon to 3:30 p.m. in Westchester at 8655 Lincoln Boulevard, just south of Manchester Avenue, and also in Mar Vista at 3860 Centinela Avenue, just south of Venice Boulevard. Our website lists additional adoption sites and directions to each location.

Be kind. Save a life. Support animal rescue. •

## Happy Tails

### We call him Ruckus the Wonder Dog

Ruckus, our fabulous happy pup, found his forever home for a happily ever after beginning in his new life...

“Thank you so much for the email. Ruckus is an amazing dog. We call him Ruckus the Wonder Dog. He is in his third week of training and is doing very well. He has so much energy that we walk him four to six times a day. He is almost through with his meds and is eating like a champ. He sleeps in his crate at night and sleeps throughout. We were amazed at how easily he mastered the spiral staircase. He is also almost completely housebroken (just one accident in the loft). We have stopped giving him plush toys because he swallows the fur and our trainer said that kongs and rubber

bones would be better for him. He doesn't seem to notice the difference. He loves to chew on his toys. We are having the trainer work with us and Ruckus on his overly excited playtime when he wants to jump up and play. He is very strong and sometimes doesn't know his own strength. He is so smart that now leash training is almost mastered. We just love him. Again, thank you so much for the photos and follow-up. We could not have made a better choice for our pet, companion and four-legged family member.— Elizabeth.”

When you adopt a “pet without a partner,” you will forever make a difference in their life and they are sure to make a difference in yours. •



Ruckus, happy forever.

# Spring into Health with These Tasty Snack Recipes

(BPT) - Healthy food that also tastes good is always in vogue and now it's getting a spring makeover.

The theme of the Academy of Nutrition and Dietetics (AND) National Nutrition Month (R) this March is "Enjoy the Taste of Eating Right." As spring approaches and fitness routines move outdoors, and reminds you that healthy snacks can fuel a workout, get you through the day and taste delicious.

"It's easy to get stuck in a rut with snacks," notes Becci Twombly, director of sports nutrition at the University of Southern California and ambassador for the American Pistachio Growers. "Spring is a time for renewal - cleaning out closets, setting new goals and making a fresh commitment to health and nutrition. Just as it's important to switch up your exercise routine every few weeks, you want to experiment with different snack combinations and have fun with your food. You'll be more likely to stick with a healthy routine if you keep it interesting."

Twombly's "snacks from scratch" involves some creativity. Try one of her snacking experiments below if you need a snack makeover this spring.

1. Pick one protein-based ingredient and think about different ways to eat it as a snack. Twombly often recommends pistachios as a performance snack for exercise because, calorie-for-calorie, pistachios pack more protein than most common snacks. Additionally, a serving size of pistachios is 49 nuts (more than any other tree nut), which provides 6 grams of filling protein and 3 grams of fiber for only 160 calories.

Research at the University of Toronto and Pennsylvania State University suggests that eating about 1.5-2 ounces of pistachios (about 20 percent of calories) per day helps curb the rise in blood glucose after a meal and lowers blood pressure, blood triglycerides and LDL-cholesterol, all of which, in turn, lower the risk for metabolic syndrome and heart disease. Researchers at Loma Linda University found that high tree nut consumption was associated with a lower occurrence of obesity and metabolic syndrome, increasing a person's risk for cardiovascular disease, diabetes and stroke.

As a snack ingredient, pistachios can be baked into homemade energy bars, sprinkled on yogurt or combined with dried fruit in a make-your-own trail mix.

2. Work backwards. Think about your favorite snacks, and then experiment with different ways to add new proteins to that snack. For instance, Twombly loves the portability of sport bars, but not the lengthy ingredient list that can accompany some store-bought brands. Instead, Twombly encourages her athletes to make their own sport bars. The Pistachio Sport Bars recipe below combines the protein power of pistachios with energizing carbohydrates and allows you to control the ingredients in your own kitchen.

3. Get creative with the ultimate snack duo: protein and fiber. Rather than buying a traditional trail mix, make your own mix of pistachios and your favorite dried fruit. Mix pistachios with air popped popcorn for a satisfying and filling post-workout snack. Or make your own easy and portable American Pistachio Fruit Chews, which combine a mixture of fresh and dried fruit and pistachios. •

## Pistachio Sport Bars

Serving: 24 pieces



### Ingredients

- |                          |                          |
|--------------------------|--------------------------|
| 1 3/4 cups pistachios    | 1/3 cup dried apricots   |
| 1 cup dried banana chips | 1/3 cup honey            |
| 1 1/2 cups cornflakes    | 1/3 cup brown sugar      |
| 1/3 cup dried pears      | 3/4 cup crisp oat flakes |

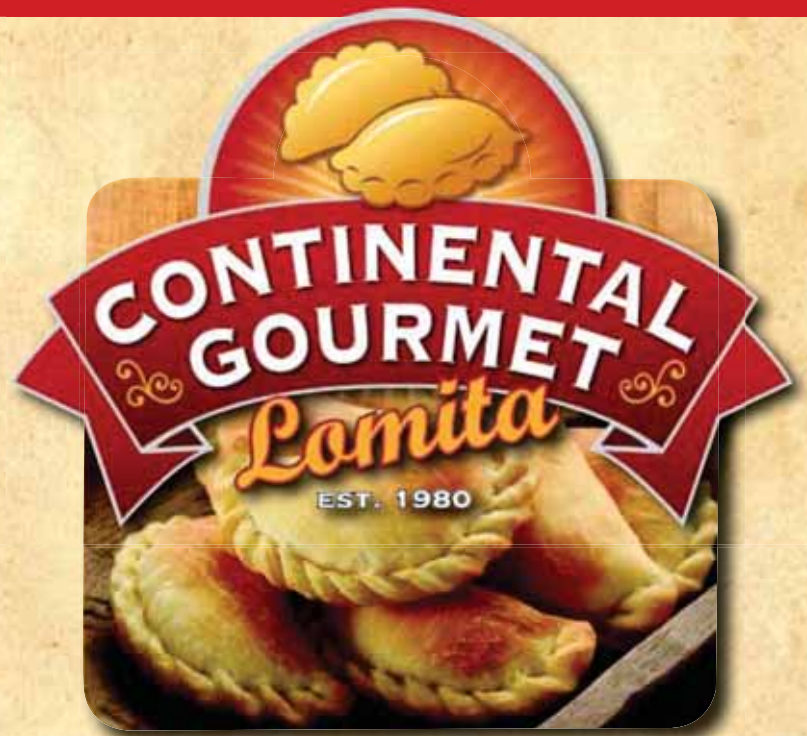
### Directions

Chop the pistachios coarsely and banana chips finely. Partly crush the cornflakes. Cut the pears and apricots into small cubes.

Heat the honey and sugar over a double boiler until the honey and sugar are well combined. Mix in the pistachios, banana chips, cornflakes, pears, apricots and oat flakes. Spread the mixture in a square dish lined with baking paper (9 1/2 x 9 1/2 inches), approximately 1/2 inch deep, and press well into dish. The bars can also be formed individually and then be put on a baking tray lined with baking paper.

Bake the mix in a pre-heated oven at 350 F for about 10-15 minutes. Cut into bars of approximately 1 1/2 x 2 inches and leave to cool on a tray.

For more information about the health benefits of pistachios and recipes developed by renowned chefs, visit [www.AmericanPistachios.org](http://www.AmericanPistachios.org). •



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# Sports

## Joe's Sports

### Hawthorne Hangs on to Top Lawndale



Hawthorne pitcher Andrew Banuelos prepares to throw to a Lawndale batter during last Friday's non-league baseball game. Photos by Joe Snyder.

**By Joe Snyder**

Hawthorne High's baseball team was able to hold off host Lawndale for a 9-7 non-league win last Friday. The Cougars held leads of 4-0, 6-2 and 9-5, but the Cardinals had threats that included two runs in the top of the fourth inning, three in the sixth and two in the seventh.

Hawthorne, which improved to 3-1-1, started out with two runs in the top of the first inning behind a leadoff single by Steve Leyva and walks to Jonathan Juarez, winning pitcher Andrew Banuelos and Javier Martinez. The Cougars made it 4-0 in the fourth on a two-run double by Mike Henderson to drive in Max Riley and Carlos Robles.

Banuelos, meanwhile, started off well with two perfect innings before the Cardinals' Noe Tapia reached first on a passed ball after he apparently struck out. Lawndale then scored two runs in the bottom of the fourth behind a run-scoring base hit by Tyler Bohnsky and an RBI double from Jesse Garcia.

Hawthorne came back with two unearned runs in the top of the fifth, but the Cardinals continued to pound a tired Banuelos for three runs (two unearned) off three Cougar errors and four hits. A run-scoring base hit by Tapia highlighted the inning.

The Cougars scored three important runs in the top of the seventh behind an RBI hit by Jose Sandoval and run-scoring sacrifice flies from Martinez and Riley. Lawndale threatened back in the seventh with a two-run single by Garcia, but reliever Juarez was able to get Tapia to ground out to him for the final out.

"We probably left him [Banuelos] a bit too long," Hawthorne assistant coach J.C. Randolph said. "Henderson and Martinez played well."

Leyva scored two runs for the Cougars. Garcia was two for four with two RBIs for the Cardinals, who fell to 2-4. Tapia went two for four, drove in a run and scored once. George Escobedo went two for three and scored twice.

A day earlier at Hawthorne, the Cougars topped Bishop Diego High from Santa Barbara 8-6. Martinez pitched four and two-thirds innings and had two hits. One of those was a bases loaded double.

Hawthorne played a non-league game at Bishop Montgomery in Torrance last Tuesday and visit rival Leuzinger Friday at 3:15 p.m. Lawndale hosts Culver City in a non-league contest Friday at 3:15 p.m. and remain at home against Chadwick from Rolling Hills Estates next Wednesday at the same time.

#### LEUZINGER ROUTS HAWTHORNE MSA

In most games in recent years, Leuzinger High's baseball team has been used to getting embarrassed in five-inning mercy rule games. At Leuzinger last Thursday, the Olympians went the opposite direction by crushing a smaller Hawthorne Math and Science Academy squad

29-1 in a five-inning mercy rule contest for their first victory of the season.

Winning pitcher Angel Vital, a returning all-Bay League junior, had a fine game with his arm and bat. Vital went three innings, striking out seven batters. With the bat, he was two for three with four stolen bases, three RBIs and four runs scored.

Sergio Hernandez went four for five with a double, six RBIs and four runs. Edgar Gutierrez was three for four with two triples, five RBIs and five runs.

Leuzinger (1-5) faces Animo Leadership at Darby Park in Inglewood today and hosts rival Hawthorne Friday in 3:15 p.m. non-league games. The Olympians then host Animo on Monday at 3:15 p.m. and Compton Dominguez on Tuesday at the same time.

#### ANIMO FALLS IN REGIONALS

The CIF-Southern Section Division VI champion Animo Leadership High's boys' soccer team from Inglewood was pitted against top-seeded Los Angeles Cathedral in the Southern California Regional Division II playoffs on March 11 at La Salle High in Pasadena. The Phantoms, the Southern Section Division IV champions, proved too much for the defending Southern California Division III champions in a 3-0 shutout. The loss ended Animo's season at 16-7-6 overall.

Kris Nunez, Miguel Lorenzo and Daniel Huizar each had one goal for Cathedral. The Phantoms, though, were upset in the semifinals 2-1 by eventual champion Southwest of San Diego. Southwest topped Simi Valley Royal for the title on Saturday at Warren High in Downey.

With most of its top players back, Animo hopes to return to Southern California championship form next season.

#### LADY SENTINELS FALL IN REGIONALS

Inglewood High's girls' basketball team lost in the first round of the Southern California Regional Division III playoffs to Selma High from the Central Section 58-53 on March 12 at Inglewood. The loss ended the Lady Sentinels' season at 14-19, while Selma finished at 28-6 after a quarterfinal loss on Saturday.

Inglewood was the CIF-Southern Section Division IIIA finalist, losing to Santa Margarita 53-41 on March 7 at Godinez High in Santa Ana. •



Hawthorne's Max Riley scores a run in last Friday's non-league rivalry against Lawndale. The Cougars outlasted the Cardinals 9-7. The Cougars visit Leuzinger in another Centinela Valley rivalry Friday at 3:15 p.m.